

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

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Pitcher recognized as top female athlete

Lance Cpl. Ryan Trevino
Combat Correspondent

Ask a single mom if raising a son can be time-consuming, then go ask a non commissioned officer if taking care of his or her Marines is a demanding job. Don't be surprised when both answer the same — yes! Now imagine one person taking on both of these responsibilities, and if that isn't enough, participating in competitive sports that require her to travel all over the world.

Sgt. Kristin M. Taft, fiscal chief, base property, manages to juggle all these things at once without exhibiting the slightest flinch. She is the mother of a two-year-old son, Raymond Bell III, and a starting pitcher for the All-Marine women's softball team.

Taft was named K-Bay's Female Athlete of the Year at Friday's Commanding General's Flagpole ceremony. This was the second consecutive year she received the award.

"I didn't expect to get awarded for playing a game that I love," said the modest Taft. "But, it felt pretty good."

She also competes locally with the K-Bay's women's varsity basketball team, but says her true passion lies in playing with the All-Marine women's softball team.

"It's great," said the 24 year-old. "You have a chance to get away and do something you love to do and get paid for it."

Taft first tried out for the All-Marine team in 2000, while she was stationed at the Marine Corps Air Station in Iwakuni, Japan. After making it all the way to the end of the rigorous tryout process, she tore her Achilles tendon. She returned to Japan determined to make the team next year after he injuries had healed.

She did exactly that, earning a spot as a back-up pitcher on the team in 2001 and 2002. She took 2003 off due to her pregnancy, but was right back out there the next



Lance Cpl. Ryan Trevino

Sgt. Kristin M. Taft stands out the Base Property shop here. Taft was named K-Bay's female athlete of the year for the second consecutive year during a flagpole ceremony Friday.

year, this time as the team's starting pitcher.

Taft's All-Marine coach for

the 2004-2005 seasons, Mark Husted, said he admires what

Taft brings to the team each

year.

"She is a great team player," said Husted. "She talks

with all the other girls all the time to keep morale up."

Taft's second enlistment is coming to an end soon, but she says she hasn't decided if she will re-enlist again, which means she made have already played her last season on the All-Marine team. However, Husted is pleading with her to stay in and come back out to support the team next season.

"We are hoping to get her back this year," said Husted. "She is an overall outstanding athlete that will do anything to help the team win."

Taft, an East Lyne, Ct. native, wants to stay involved in the sport even after her All-Marine career comes to an end. She says she is not competing, but interested in coaching a softball team someday.

Taft says she encourages other females to get out there and start competing.

"The opportunities are not always advertised," said Taft. "You just need to call someone, ask someone, or just get out there and get involved."

Warriors top Eagles for championship

Lance Cpl. Roger L. Nelson
Combat Correspondent

The Headquarters Battalion Warriors dominated the Patrol Squadron 9 Golden Eagles 9 - 4, in a best out of three-championship games held Wednesday at Riseley Field, here.

This was the Warriors second win in the championship, knocking the Eagles out of the Championship and making themselves the overall winners for the Intramural Baseball season.

The Warriors hitting seemed unstoppable as they used their defensive abilities to their advantage.

"We try and have everything come together at once," said William D. Kreps, pitcher/coach, Warriors. "We've been on a run and just stuck to what we've been doing. Hitting, pitching and fielding, we had it all tonight."

Golden Eagle's coach Matt A. Lewyer's goal going into the game was to just have fun and communicate with each other.

"Win or lose this game, we've played our hearts out this season and we deserve to be at this game," said Lewyer.

Even with the communication as the Golden Eagles main concern, the Warriors still found ways to get runners across home plate.

Warrior's second baseman Thomas L. Bocook was a key factor for the Warriors on defense.

"I actually came into this game thinking we were going to beat them by 10 points in the fifth inning," said Bocook. "But they played a lot better then I expected and it turned out to be a pretty descent game."

Golden Eagles pitcher Rudy R. Ruttiger struggled on the mound, letting five runs score in the second inning.

"We left nine people stranded on base, we just needed to get the runners in," said Ruttiger. "It was a good game either way, and we'll just have to work on the fundamentals a little more next year so the same things don't happen."



Photos by Lance Cpl. Roger L. Nelson

Thomas L. Bocook, second baseman, Warriors, slides into 3rd base April 26, at the championship game against the Eagles, at Riseley Field.



Rudy R. Ruttiger, pitcher, Eagles, throws a pitch during the championship game against the Headquarters Battalion Warriors, April 26, at Riseley Field.

Sports Briefs

Today - Sunday

Top of the Mountain Spring Softball Tournament — The tournament will be held at Bordelon Field aboard Camp Smith. Cost is \$175 per team. Register at the Camp Smith Semper Fit Center.

Call 477-0498 for more information.

Saturday

13th Annual 3D Marines 10K — The race will start at Pop Warner field at 7 a.m. “Run with the Fighting 3D” is the second event of the 2006 Commanding General's Fitness Series. The race is open to the public. Register at Semper Fit Center by day of the event.

Call 254-7590 for more information.

108th Hospital Corpsmen Birthday Ball Golf Tournament — Tournament registration will be begin at 10 a.m at the Kaneohe Klipper Golf Course. The deadline to register teams in April 14. The best-ball format tourney will kick off at 12:30 p.m. Longest drive and closest-to-the-pin competitions will also be held. Registration point of contact for 3rd Marines is Petty Officer 1st Class Swisher at 257-1144; 21st Dental is Petty Officer 1st Class Tramill 257-3100; MAG-24 is Petty Officer 1st Class Loza at 257-1371; and CLR-3 is Petty Officer 3rd Class Guebara at 257-2437.

Youth Soccer Clinic — The Hawaii Pacific University Women's Soccer Team will hold a soccer clinic open to all school age children from 8 a.m. to 12 p.m. Registration begins at 7:30 a.m. Admission to the event is two canned goods. Contact Virginia Tamura, 254-7610, for more information.

Tuesday

Soccer Organizational Coaches Meeting — There will be a meeting for all soccer coaches at 2 p.m. at the Semper Fit Center. Contact Joe Au, 254-7591, for more information.

Main Pool Reopens — Servicing and cleaning of the Main Pool is estimated to be completed. The Officers' Club pool open during posted hours to all hands for duration of main pool renovation. For more information contact Harry Sprague at 254-7655.

Ongoing

Semper Fit All-Marine Chess Team — The competition will be held June 11 to 17 in Jacksonville, Fla. Marines interested in competing must submit resumes to the athletics coordinator by April 21. Resumes must include the United States Chess Federation membership card identification number, state of registration, USCF rating, date of rating, and record of significant chess activity during the past two years.

Call Stacy Barkdull at 254-7590, for more information.

Paintball Hawaii — Nestled behind the Lemon Lot here is Paintball Hawaii. Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m.

Call 265-4283 for Friday appointments.

Personal Trainers Available at Semper Fit — For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, Semper Fit Center offers free personal training consultation.

Call Semper Fit Center at 257-7597 to schedule an appointment.

Semper Fit Center offers array of aerobics — The MCCS Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts.

Call 254-7597 for more information on the various classes now offered.

Briefs

Submit items for the sports briefs section via e-mail to editor@hawaiimarine.com or call 257-8837.

HPU Soccer to offer free clinic

Staff Sgt. Ronna M. Weyland

Press Chief

A free one-day soccer clinic for children 5-17 years old will be held Saturday at the field located between Building 216 and Base Safety here from 8 a.m. to 12 p.m.

“The purpose of the clinic is to teach basic fundamentals, age appropriate and ensure the kids have fun,” said Clark Abbey, Youth Sports Coordinator. “Some skills will be at a higher level and could be challenging for some kids and others will be set up to bring it within reach of their skills.”

The Hawaii Pacific Women’s Soccer Team, partnered with Marine Corps Community Services, will hold the event. Admission is free, but a donation of two canned goods is encouraged. The donated food items will benefit the Hawaii Food Bank and will be presented by MCBH Youth Sports and the HPU women’s soccer team.

According to Andy Gasper, youth soccer coach and worker at the Marine Corps Base Hawaii Housing Office, HPU conducts community service and outreach programs throughout the year.

“This year the women’s soccer team wanted to do something ‘meaningful,’ and Marine Corps Base Hawaii offered that opportunity,” said Gasper. “With so many service members deployed giving a few hours of our time to the children of the men and women protecting our freedom, well, we knew it would go a long way.”

Gasper said all school age students are encouraged to attend the clinic and they are hoping to draw 100-150 kids.

The clinic is a prelude for the upcoming summer soccer season with the Hawaii Youth Sports League, an Army program geared toward military dependants.

“Due to the length of the clinic, the majority of time will be dedicated to teaching proper fundamentals,” said Gasper. “Your child will be able to get one-



Tony Blazejack

Junior Briana Spagnuolo, right, battles with Maunia’s Patty Gabriel during an off-season match at the Waipio Soccer Complex. The HPU Women’s soccer team will be teaching the basics and fundamentals of soccer at Pop Warner Field Saturday.

on-one training from the coaches and players from HPU.”
Registration begins at 7:30 a.m. and children attending the clinic should be dressed to play soccer with shorts, shirt, shoes, shin guards and is encouraged to bring sun screen and a water bottle.
For more information about the clinic

TRICARE seeks to prevent obesity through education

Christelle Michael

TRICARE Management Activity

Being overweight causes health problems and may lead to a lifetime of health concerns and possibly early death. Some of the physical effects of being overweight include higher risk of diseases such as heart disease, cancer and diabetes; increased incidence of musculoskeletal injuries; increased daytime sleepiness; and increased surgical risk.

TRICARE Management Activity has created a demonstration project that will test various methods of education and prevention to inform and educate active duty family members and retired beneficiaries about the negative effects of obesity.

Surveys show that poor diet/inactivity were among the leading causes of death from 1994 to 2000. Active duty service members are not immune: from 1995 to 2002, the percentage of

overweight active duty service members has increased by 10 percent.

"Data collected during this demonstration project will provide invaluable guidance to the Department's leaders and the military health system in determining what weight management treatments work for our beneficiaries," said Navy Capt. Patricia Buss, deputy chief medical officer, TRICARE Management Activity.

Research Triangle Institute and the Cooper Institute will implement the Healthy Eating and Active Living in TRICARE Households program (HEALTH), a four-state demonstration project for TRICARE in Indiana, Illinois, Ohio and Michigan. The project will provide non-active duty adult, Prime-enrolled, overweight and obese beneficiaries with 12-month access to behavior modification targeting diet and physical activity. To be eligible beneficiaries must be age 18

to 64, not entitled to Medicare or enrolled in the TRICARE Extended Care Healthcare Option and living within 50 miles of the research centers.

The weight management demonstration project will use telephone and Internet, as well as interactive behavioral support and education. The project will assess whether five to 10 percent weight loss can be achieved and maintained over the course of the study.

Behavioral intervention with added pharmacotherapy will be compared to behavioral intervention alone. The demonstration project will study the effectiveness of different intensity behavioral intervention with or without medication.

Research Triangle Institute and the Cooper Institute will conduct this demonstration as an institutional review board-approved research study. Research Triangle Institute will begin recruiting project participants in spring

2006.

The result of this demonstration project will assist TRICARE in determining ways to deliver the best possible benefit for its Uniformed Services members, retirees and their families.

Air Force Col. Joyce Grissom, medical director in the Office of the Chief Medical Director, TRICARE Management Activity, said the demo project will offer non-active duty beneficiaries access to scientifically-based behavioral interventions that have previously been offered to active duty service members through face-to-face Service-specific multidisciplinary weight management programs.

"We hope that this demonstration, and other life-style-oriented pilot projects will have a positive and life-long impact on the health of participating TRICARE beneficiaries," Grissom said. "We want to continue to find ways to enhance the benefit and deliver the best possible health care."

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EXERCISE.

American Heart Association
Fighting Heart Disease and Stroke

Negative effects of smoking not deterring service members

Samantha L. Quigley
American Forces Press Service

While an estimated 25 percent of Americans smoke, the military's numbers hover at 34 percent, according to Air Force Col. Gerald Wayne Talcott with the Air Force Medical Support Agency, in Falls Church, Va. That's an increase of 4 percent for the military since 2002.

"We do have a higher prevalence of smoking for our youngest people in the military," Talcott said. "Now, if you look at officers, that's not the case. But for our youngest members, that's our E-1s through E-4s, ... the overall prevalence is a little bit higher than the national average."

"It's a good suspicion" that the war is a factor in the increase of military smokers, he added.

Service members who smoke often claim it's a stress reliever. Talcott said that might be true, but only for people who already are addicted. Before addiction occurs, smoking actually increases stress on the body, he explained.

Smokers may see their habit as a personal risk, but it affects force readiness, Talcott said. Even among smokers who have no ongoing diseases related to smoking, it impairs night vision, weakens the immune system and can lengthen healing time. Smokers also may have more frequent upper-respiratory ailments.

Tobacco use also affects families, the colonel said.

"We have a lot of young people that are just starting families," Talcott said. "It has an impact on those young children as well. If you're smoking around them, their risk for upper respiratory infections goes up as well."

Smoking is a deceptive risk for younger people, since they don't necessarily feel the immediate ramifications. But, if a smoker quits, as more than 50 percent of Defense Department personnel who smoke have expressed a desire to do, there are benefits to be reaped.

"Your body has a very recuperative ability," Talcott said. "We have a very young population, so the sooner you quit and the less amount of time you smoke, the faster your body repairs itself. Within 10 to 15 years (of quitting smoking) your risk for cancer, if you quit early enough, ... is the almost the same as it would be for a nonsmoker."

Service members have multiple excuses for not quitting. The fear of failure or a failed first attempt often keeps smokers from trying to quit again, Talcott said. However, he said, a failure does not mean that a second, or even a third, attempt is going to fail.

"You aren't always successful the first time," he said. "What we know is that it seems like the more people try to quit, the more likely they are to quit successfully."

Some smokers, especially women, are afraid to kick the smoking habit out of fear that they will gain weight. That's not a good enough excuse, Talcott said. A person would have to gain 100 pounds to equal the negative health effects of continued smoking, he said.

Nor is the weight-gain theory necessarily true. Among recruits in basic training -- where smoking is disallowed, meals are controlled and exercise is a must -- there is virtually no weight gain, Talcott said.

Help is available for those who wish to quit but think they need help. DoD offers smoking cessation classes in nearly all medical treatment facilities, and nicotine-replacement therapies are available.

DoD also is working with primary care physicians to help them spot tobacco use early and provide messages about quitting. The Tricare Web site, www.tricare.osd.mil, also offers information on why kicking the habit is a good idea and how to quit.

The military also is working to make smoking less attractive by hitting service members who smoke in the wallet. The Army and Air Force Exchange Service is restricted to discounting tobacco products no more than 5 percent below what they would cost outside a military installation. This is a change from deeper discounts that were once offered, officials said.



Photos by Lance Cpl. Roger L. Nelson

According to Air Force Col. Gerald Wayne Talcott, Air Force Medical Support Agency, the percentage of service members who smoke has increased over the past few years.



A smoker who buys one pack a day will spend up to \$1,460 on cigarettes a year.

No good news for tobacco users

Carole W. Butler
Navy LIFELines

It's so romantic.

He leans slowly towards her. Shyly, she turns her cheek for his kiss.

No, wait.

She's turning away from his gross yellow teeth, his foul tobacco breath.

If you want romance, tobacco is not your friend.

Tobacco isn't pretty: show-ering ashes, stinking butts, choking smoke, burning holes in your uniform, spit-ting out chew juice, or, worse, swallowing it.

And it's not cheap: \$3, \$4, (\$7+ in New York) a pack. At \$4 a day, that's \$1,460 a year.

A nicotine mistress quickly burns up your cash, leaving little for dinner and a movie, much less savings for your sweetheart's engagement ring.

Since the Department of the Navy announced smoke-free working and living spaces, there has been no good news for Navy and Marine Corps personnel who are slaves to nicotine. Ironically, nicotine can be used to help smokers become non-smokers.

"The nicotine patch, gum, and nasal spray are all safe, if used properly," says Capt. Larry Williams, Dental Office, Naval Training Center Great Lakes. "There are no safe

forms of tobacco."

Dip, chew, snuff, cigars, cigarettes, herbal cigarettes - smoked, chewed, inhaled (directly or indirectly) - are all bad news for personnel using tobacco. When Williams addresses recruits at Great Lakes, he tells them about smokeless tobacco ingredi-ents: trash from the cigarette production floor, dead bugs, and feces. "Very appetizing," he mocks. "I ask them, 'Do you want to kiss somebody that had this in their mouth?'"

Then there's secretly spit-ting the disgusting stuff into a soda can — or swallowing it — to avoid standing in lines for the smoking deck. "They

think dip is less harmful, mis-takenly, because it isn't less harmful," says Alice G. Fitzpatrick, RN, Tobacco Cessation program manager, Naval Medical Center Portsmouth.

Advising Navy and Marine Corps personnel and their families trying to quit using tobacco, Fitzpatrick points out the thousands of chemi-cals (including insecticides and formaldehyde) con-sumed from smoke or smoke-less tobacco, as well as the stress tobacco consumption places on the human body: liver disease, lung cancer, cancer of the mouth, rotted teeth, stroke, and heart dis-ease.



Cmdr. Manuel A. Biadog

In an effort to give back to American service members, Billy Blanks leads Marines and sailors in modified abdominal crunches April 12 at The House of Pain on Camp Hansen. Blanks, who created Tae Bo by combining karate and dance moves, tested the fitness level of the service members with a routine of kicks, crunches and running.

Billy Blanks tones minds, bodies, spirits

Lance Cpl. Warren Peace

CAMP HANSEN, Okinawa — A seven-time karate world champion visited Okinawa to get American troops in shape with his unique rhythm and strength aerobic routine.

Combining karate and dance moves, Billy Blanks, the creator of Tae Bo, put Marines and Sailors through hours of high impact exercise April 11-12 on Camps Foster and Hansen.

This tae kwon do world champion came to Okinawa not only to exercise, but also to give back to the men and women that keep his country safe.

"I respect and honor what (service members) do for their country," Blanks said. "It's a blessing to be in the presence of Marines."

He tested the fitness level of

the service members with his fast-paced routine, leading the group in kicks, crunches and running without breaks.

"I was beat," said Cpl. Juan C. Aracena, an administrative clerk with 7th Communications Battalion, III Marine Expeditionary Force. "I was pumped up and sweating and my leg was cramping after the kick stretches he made us do. If we did this every day we would be in top condition."

"They did awesome," Blanks said. "They have the right attitude and self control."

The Erie, Pa. native, has starred in many movies and trained such celebrities as Paula Abdul, Goldie Hawn and Lou Diamond Phillips since he created Tae Bo in the late 80s.

The words Tae Bo came from the Korean word "Tae" meaning foot and "Bo," which is short for box.

Originally training people in

Tae Bo from his garage in Los Angeles, Blanks' exercise routine has spread throughout the United States and become a household name.

He still manages to motivate and inspire the people he trains, even after overcoming such hurdles as dyslexia and hip problems.

"When I first met him in Baghdad in 2004, he impressed me with the way he inspired the troops there," said Cmdr. Manuel A. Biadog, the chaplain for III MEF Headquarters Group. "I was sure he would inspire the service members here in Okinawa - he did."

After a workout at The House of Pain on Camp Hansen April 12, Blanks visited III MHG Mess Hall where he gave a motivational speech and ate breakfast.

"I personally took the speech to heart," said Cpl. Michelle S. Quante, the training noncom-

missioned officer for the mess hall. "It really hit home when he talked about life obstacles. It helped me not question myself and stay motivated."

After spending two days

with the service members on Okinawa, Blanks relayed his gratitude for the hospitality the troops gave him.

"I hope to get another chance to come back to

Okinawa," Blanks said. "It's always been a dream of mine to train with Marines. We had a great time together and they showed me it's the person that makes the Marine."